

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

- 1) \_\_\_\_\_ **Signs/Symptoms Rejection**
- Fever
  - Increase in creatinine
  - Weight gain of 3 or more lbs overnight
  - Pain/tenderness over the kidney
  - Decreased urine output
  - Malaise/flu like symptoms

**Women** - self breast exams, mammograms, Pap smears, avoid, pregnancy for at least one year and only under advice of physician

**Men** - self testicular exam, PSA, prostate exams

- 2) \_\_\_\_\_ **Signs/Symptoms Infection**
- Fever
  - Redness/drainage from wound
  - Pain upon urination
  - Cough/sore throat

- 4) \_\_\_\_\_ **Infection prevention**
- Good hand washing/hygiene
  - No drinking/eating after others
  - Avoid those who are sick
  - Wearing a mask
  - Pets – no cleaning of litter boxes or bird/reptile cages
  - Do not eat raw fish

- 3) \_\_\_\_\_ **Health Maintenance**
- Avoid tobacco/ drugs
  - Sunscreen with SPF 30 >, wear hats, general sun protection
  - Inspect skin regularly for changes and see derm
  - Flu shot yearly, pneumonia shot every 5 years
  - Dentist every 6 months with antibiotic prophylaxis
  - Regular colonoscopies

- 5) \_\_\_\_\_ **Post Op Care**
- No driving until cleared by MD (usually 4-6 weeks)
  - No heavy lifting (<10 lbs. for 3 months)
  - Avoid pushing/pulling motions
  - Wash incision with soap and water only – no lotions, ointments, powders
  - Weigh each morning, check temp and BP twice daily and record
  - May resume sexual activity in 4-6 weeks or when cleared by physician

6)

**Diabetes Management**

- Check blood sugars ac and hs or as prescribed
- Administer insulin as directed - syringes vs pens, type of insulin
- Review insulin supplies - lancets, syringes, pens
- Explain sliding scale (MedActionPlan)

**Prograf**

- Twice daily dosing – adjusted based on blood levels
- Hold for blood troughs
- No consuming grapefruit or pomegranate
- Brand only unless cleared by MD
- Side effects: HTN, tremors, DM, increased cancer risk

7)

**Post Transplant Follow up**

- Contact numbers if questions - MDMC, DTI/DRG
- First follow up appt date, time and address
- Bring meds, diary/book and MedActionPlan
- Explain lab draws and holding Prograf
- Give directions if coming to MDMC for lab on weekend/holiday
- Stent removal – explain purpose, removal process and time frame (4-6 weeks)

**Myfortic/CellCept**

- Not interchangeable
- Twice daily dosing
- Women of childbearing age shouldn't handle capsules
- Side effects: N/V, decreased WBC, increased cancer risk

**Prednisone**

- Daily dosing with 5 mg tablets – discuss taper
- Take with food
- Side effects: weight gain, increased appetite, mood swings, elevated blood sugars, cataracts, increased cancer risk

8)

**Medications**

- Always carry list of meds
- Explain MedActionPlan
- Obtain email, if applicable, and email MedActionPlan
- Meds have been delivered and dispensed correctly
- How/when to obtain refills

**Mycelex Troche**

- Discuss s/s Thrush
- Dosing of 4 times per day – after meals and at bedtime
- Temporary medication – usually for one month

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**Valcyte**

- Discuss CMV – cause, s/s
- Daily dosing – will have ordered more than prescribed dose
- Will be temporary – 3 to six months depending on CMV status

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**Bactrim**

- Discuss pneumocystis
- Daily dosing (at hs)
- Take with full glass of water
- Will be for at least 1 year
- Importance of sunscreen

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**Pepcid/Protonix**

- Usually daily dosing

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**Docusate Calcium**

- Twice daily dosing
- Can stop on own if stools become loose

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**Tylenol #3**

- Dosing
- Alternatives – always avoid use of NSAIDS

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**Other Meds – as appropriate**

- ASA
- BP meds

**Discharge Paperwork:**

Email MedAction Plan \_\_\_\_\_

Email: \_\_\_\_\_

Copy of Test \_\_\_\_\_

Teaching Sheet \_\_\_\_\_

Avita signature page \_\_\_\_\_

Coordinator: \_\_\_\_\_